

3-Can Chili

Makes: 6 Servings

With almost no cooking required to prepare this chili, just open cans of beans, corn, and tomatoes, and heat everything together in a pan!

Ingredients

1 can beans, low-sodium undrained (pinto, kidney, red, or black 15 ounces)

1 can corn, drained (15 ounces, or 10-ounce package of frozen corn)

1 can crushed tomatoes, undrained (15 ounces)

chili powder (to taste)

Directions

- 1) Place the contents of all 3 cans into a pan.
- 2) Add chili powder to taste.
- 3) Stir to mix
- 4) Continue to stir over medium heat until heated thoroughly.
- 5) Refrigerate leftovers.

Source: Colorado State University and University of California at Davis. Eating Smart Doing Active Recipes.

Nutrition Information

Nutrients	Amount
Calories	108
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	254 mg
Total Carbohydrate	36 g
Dietary Fiber	7 g
Total Sugars	4 g
Added Sugars included	1 g
Protein	6 g
Vitamin D	0 IU
Calcium	50 mg
Iron	2 mg
Potassium	467 mg
N/A - data is not available	
MyPlate Food Groups	
 Vegetables	1 cup

MyPlate Food Groups